

The Centre Offers

- ✓ Clinics
- ✓ Elderly Mental Health Helpline & Drop in
- ✓ Mental Health Promotion & Prevention
- ✓ Training Programs & Workshops
- ✓ 'Asare', Parent Support Group



Mental Health is a state of well-being in which

- An individual realizes his or her own abilities
- Can cope with normal stresses of life
- Can work productively and
- Is able to make a contribution to his or her community.

In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community

Expert mental health professionals from NIMHANS will offer these services from 9:30am to 4:30pm
(Monday to Saturday)

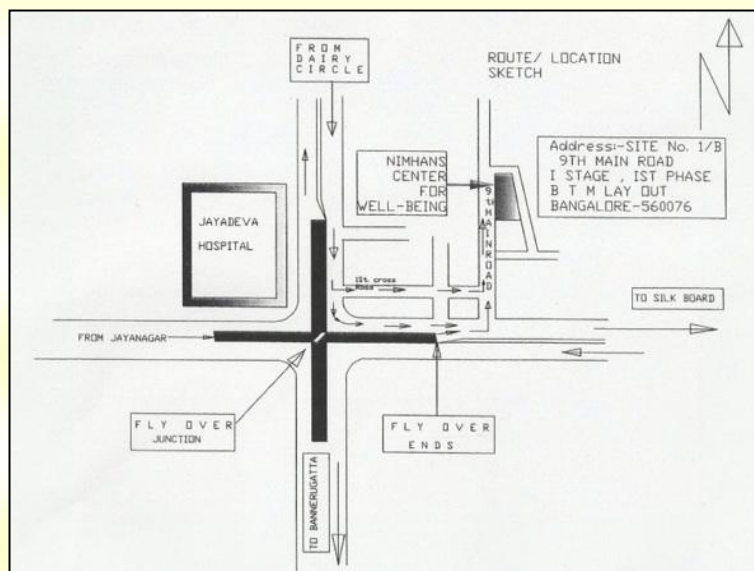


For an appointment or to get advice, please visit the centre at
1/B, 9th main, 1st stage, 1st phase, BTM layout, Bangalore - 76

Or Call us at - 9480829670/26685948

Email us at: nimhans.wellbeing@gmail.com

Visit NIMHANS website www.nimhans.kar.nic.in for more information



NIMHANS CENTRE FOR WELLBEING
A Centre for Mental Health Promotion

